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FALL 1990

Specialty FOR Seniors

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Elaine Ziemba: new Seniors' Minister

Long-term care reform moves ahead

Long-term care reform has moved a stage further with the appointment of 14 Community Support Services managers to establish offices across the province. The managers will work with community groups, municipalities and service providers to implement the reform of long-term care services for older adults and people with physical disabilities. They bring to their new positions a broad range of experience and understanding in this field.

The appointments are: Jack Harmer, Barrie area; Karen Robinson, Hamilton area; Catherine Dunne, Kingston area; Gail Ure, London area; Brenda Elias, Mississauga area; Ron Book, Niagara area; Michel Tremblay, North Bay area; Pierre Lalonde, Ottawa area; Dennis Ferenc, Peterborough area; Maureen Lacroix, Sudbury area; Michael (Mick) Peters, Thunder Bay area; Lianne Carnwath, Toronto area; Douglas Jackson, Waterloo area, and Kathryn Oper, Windsor area.

The immediate task of the new managers will be to work with Ministry of Community and Social Services area offices, district health councils, municipalities, health and social service providers and organizations, as well as related professional and consumer groups, to co-ordinate the community consultation and local planning process related to implementation of reform. These consultations were scheduled to begin later this fall. Seniors are encouraged to attend.

The reform plan will include the development of new and expanded community-based services to support organizations for the independent living of older people and those with physical disabilities. The changes will also promote greater integration and coordination of health and social services at the local level. By 1996-97, additional provincial expenditures will total \$460 million annually.



The Honourable Elaine Ziemba

The Ontario Advisory Council on Senior Citizens now reports to the Ontario Government through the Honourable Elaine Ziemba, M.P.P.

On October 1, 1990, Ms. Ziemba was sworn into Premier Bob Rae's new Cabinet as Minister of Citizenship with responsibility for Human Rights, Disabled Persons, Seniors and Race Relations.

Before her election to the Ontario legislature in September, Ms. Ziemba was Executive Director of Meals on Wheels on St. Clair Avenue West, Toronto. She also served as president of Social Services for Seniors, a Metro Toronto federation of community-based seniors' agencies. Ms. Ziemba, 48, has been a member of Pollution Probe and Greenpeace. She was born in Toronto and has two children.

S.R.O. at Seniors' Jubilee Concerts



Vi Ford (left) sings to a packed Roy Thomson Hall at the McDonalds Seniors' Jubilee Concerts; (right) audience enjoys a warm-up dance in the lobby (story on page 3).

There's still time to beat the bug

If you haven't had a flu shot yet this fall, there's still time.

It's best to start thinking about vaccination in September, and the longer you wait, the greater the risk of contracting the flu virus. However, if you've managed to escape until now, according to the Ontario Medical Association (OMA), you might still save yourself some of the misery that influenza can bring. Ask your physician's advice.

"I cannot stress enough the importance of being vaccinated against the flu every year," said Dr. Ted Boadway, direc-

tor of health policy at the OMA. "Everyone should consider getting a flu shot, but special attention must be paid to people who are in high-risk categories of suffering serious health problems as a result of contracting the flu."

Those in the high-risk groups include people over 65 years of age, those suffering heart conditions, chronic lung conditions such as emphysema, asthma, or bronchitis, diseases such as diabetes, cancer, anemia, or renal or sickle-cell disease, as well as those with immunodeficiency or suppression.

What does green really mean?

One of the most "environmentally-friendly" actions Ontario consumers can take is to find out what that term really means, experts say.

What are "green" products? Is that expensive "natural" cleaning powder the best environmental choice or would it make more sense all round to use baking soda? For that matter, is the expensive cleanser really nothing more than baking soda? What's organic? Is recyclable better than reusable; cotton better than synthetics?

These are all questions that consumers, business and government have to answer together as environmental conservation shapes up as the issue of the nineties, say representatives of the Ministry of Consumer and Commercial Relations (MCCR).

The seemingly harmless term, environmentally friendly, gets a varied response from some specialists in the field. There are, they say, few products that are actually beneficial to the environment as the friendly buzz-word implies. "Environmentally neutral" or "environmentally less harmful" are better received. That latter term may not win any marketing awards, but environmentalists agree it is generally the most accurate description.

"Shoppers have to look beyond healthy-sounding product names, dreamed up by marketing departments, for explanations of why a particular item is better for the environment than others," says Carolyn Lentz, MCCR's consumer education specialist.

"They can use purchasing power to persuade manufacturers and retailers to act responsibly by providing adequate information about their products. And government can help by establishing guidelines, encouraging disclosure and passing laws if necessary."

This is already taking place in some fields.

National standards are currently being developed for a number of consumer products through the Environmental Choice program, established by Environment Canada.



Advertising of environmentally friendly products can be difficult to understand.

The program is designed to help shoppers identify products considered "good environmental choices" through the use of a certification logo called the Ecologo. The symbol consists of three birds nestled together in the shape of a maple leaf.

"Any product which is made, used or disposed of in a way that causes significantly less harm to the environment than other similar products could be considered a good environmental choice," program representatives say. "A brief statement of the reason a product has been certified will accompany the Ecologo on the package label."

With the assistance of the Canadian Standards Association (CSA) and input from industry and the public, the program board makes recommendations to the Minister of the Environment about criteria for certification of products within certain categories.

Since the Environmental Choice program started about two years ago, criteria have been established for 14 types of products. They include re-refined lubricating oil, construction materials made from wood-based cellulose fibre, products made from recycled plastic and zinc-air batteries. Also included are low-pollution water-based paint, reduced pollution solvent-based paint, ethanol blended gasoline, fine paper, newsprint and miscellaneous products from recycled paper, cloth dia-

pers, home ventilators using heat recovery, composting systems—specifically for residential waste, and reusable shopping bags.

Information about the program is available from Environmental Choice, 107 Sparks Street, 2nd Floor, Ottawa, Ontario K1A 0H3.

Stay Safe

The Canadian Rehabilitation Council for the Disabled (CRCDD), a federation of more than 80 non-profit organizations, reminds older adults, especially those with disabilities, to be aware of potential home hazards. To prevent accidents and emergencies, consider the suggestions here and on the following pages. These tips are taken from a CRCDD home safety pamphlet, *STAY SAFE*, produced with the help of sponsors Norcen Energy Resources Ltd. and Superior Propane Inc. For more information write to CRCDD at 45 Sheppard Ave. East, Suite 801, Toronto, Ontario M2N 5W9.

Kitchen

The kitchen is potentially the most hazardous area in the home.

- ☐ When buying small appliances, check that they have an automatic shutoff and are lightweight.
- ☐ Keep utensils that are in regular use, such as a kettle, close by the electrical outlet.
- ☐ Avoid storing items in hard-to-reach cupboards, so you don't have to climb or stretch to get them down.
- ☐ Arrange cooking and eating areas so you can move about as freely as possible.
- ☐ Always use a splatter guard when frying and never wear clothes with loose sleeves, scarves or ties when cooking.
- ☐ Remember that steam can cause severe burns.
- ☐ Think about getting an easy-to-use microwave or toaster oven rather than a conventional model.

Especially Seniors

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Please do not write to us about changes of address. When you notify Old Age Security, your address label is automatically updated. However, if you wish to be deleted from our mailing list, clip the label from your paper and mail it with your request to *Especially for Seniors*. Please be patient. Changes to the mailing list take a while.

For information on programs and services available to seniors in Ontario, telephone the Office for Senior Citizens' Affairs, (416) 327-2422. Outside the Toronto area, dial toll-free 1-800-267-0641.

THE CHAIRMAN'S MESSAGE

Without doubt, the retirement years bring significant changes in our lives, but they can also be immensely rewarding. It seems to me that one of the significant rewards comes from shifting the focus from receiving to giving. No matter what your personal situation may be at the moment, whether you need care or are as physically and mentally active as you were long before retirement, there is an opportunity for all of us to give something of ourselves to others.

At present, members of the Ontario Advisory Council on Senior Citizens are researching what life is like for those who are spending their later years in small towns and rural Ontario. In mid-September, we visited the Town of Minden to consult with area seniors and representatives of service-providers and agencies serving older adults. While we were in that beautiful part of our province, a new friend told us that when the Lord created the heavens and the earth in six days, he had a lot of rocks left over. The place where he dumped them became Haliburton.

We heard many other wonderful stories too. We were told of older people who can no longer get up and go, yet are the joy of their friends because of their cheerful attitudes and genuine interest in others. We learned of volunteers who spend hours each day working either within an organization or on their own to help their neighbours, their families and their communities.

Some told us they want to repay a society that was good to them; others are seeking a compelling activity as a balance to their leisure time, and still others told us of being too occupied raising their children, earning a living, building a career, to do any volunteer work until now.

Some said they wished there were more helping hands to lighten the load and also experience the rewards they are finding. From the administrators of agencies serving seniors, we heard of their great appreciation of their volunteers and of their inability to function without them.

I could fill this space with lists of things retired volunteers are doing in our province. Perhaps I'll just say it is not going unnoticed. And to my friend who said he had not really done anything of this sort, I'll simply add, "Try it - you'll like it!"

Council is indebted to the people who have come to our consultations, to those who have responded to our request for a presentation, and to readers who have written in response to our request for information in *Especially for Seniors*. We are aware that seniors are being surveyed on almost every conceivable topic these days, but it is important for us to hear from you directly. We want to know that what we say on your behalf is really an accurate reflection of your wishes and feelings. We will share our findings and conclusions with you when the study is complete, but let me assure you that there



JoAnne Fillimore, Chairman
Ontario Advisory Council on
Senior Citizens

is a lot of sharing, caring and laughter happening wherever seniors gather.

As you will read elsewhere in these pages, Ontario now has a new Minister with responsibility for matters relating to seniors, the Honourable Elaine Ziemba. Council members look forward to continuing the excellent arms-length working relationship we have enjoyed with previous Ministers appointed to this responsibility. I have met with the Minister and *Especially for Seniors* will meet with her in the near future to discuss her new role and her ideas on matters that affect Ontario's senior residents. We will bring you a report on that interview in a future issue.

Variety showcase spotlights senior talent

They sang, they danced, they made music, they put on skits. The second annual McDonalds Seniors' Jubilee Concerts were a sellout again, and performers more than lived up to their audiences' expectations. Held at Roy Thomson Hall in Toronto in August, the four-day variety showcase spotlighted over 60 talented acts from across Ontario.

Presented in association with the United Senior Citizens of Ontario and in co-operation with the Office for Senior Citizens' Affairs (OSCA), the popular concerts attracted standing room only crowds. Acts from 13 of 16 communities which hosted JubilAGations of June concerts were featured during the four-day event. JubilAGations of June concerts were sponsored by the OSCA, administered by the United Senior Citizens of Ontario and managed, planned, promoted and performed by groups in host communities.

The June concerts, says T. Philip Adams, OSCA's special advisor, were designed to: help dispel negative myths about aging and the aged; encourage seniors to become more involved and active in programs designed for them; provide positive role models for all seniors, and provide opportunities for older adults

to use their management and leadership skills.

The Roy Thomson Hall concerts featured comedy acts, a 35-piece concert band, soloists, folk, ethnic and tap dancing - "a real pot-pourri," according to Wayne Burnett and Glenda Richards, co-producers of the McDonalds Seniors' Jubilee Concerts and consultants for the JubilAGations concerts.

For many of the 800-plus participants, the chance to perform at Roy Thomson Hall was the thrill of a lifetime, Mr. Burnett said. Performers were able to practise and display talents they had never before had the time or opportunity to develop fully. Some had entertained at seniors' residences and similar locations, but without the benefit of professional stage coaching. They learned how to bow, to present themselves onstage, to look good under the lights. "Now they've started to perfect a talent, this has given them a reason to go further," said Ms. Richards.

Plans are already in the works for arranging next year's concert series. Organizers are looking ahead to an earlier start date and an even broader selection of material. If your community is interested in hosting a JubilAGations of June

concert, write to: Communications Department, Office for Senior Citizens' Affairs, 76 College Street, Toronto, Ontario M7A 1N3. If you and/or your group are interested in appearing at Roy Thomson Hall, write to: Richburn Associates, 260 Queen's Quay West, #2805, Toronto, Ontario M5J 2N3 before the end of February, 1991 with a description of your act.

Stay Safe

Bathroom

After the kitchen, the bathroom can be the most dangerous area in the home for most people.

- ☐ Glue non-slip treads on the bottom of the bath or shower.
- ☐ Keep a night light on.
- ☐ Don't operate electrical appliances in the bathroom.
- ☐ Try a hand-held shower hose and use a bathseat; avoid standing in the shower.
- ☐ Install a water temperature regulator to prevent scalding.
- ☐ Lever-type taps are easier to manage, so have them installed or obtain adaptors for your fixtures.

Distress Centres: comfort as close as the phone

When things seem to be more than we can handle, or life seems for a while to have lost its purpose, phoning a Distress Centre can provide comfort and help.

There are now over 40 Distress Centres in towns and cities throughout Ontario. Yet in 1989, only 5.3 per cent of calls to these centres were from people 65 years of age and older.

"We're concerned that we don't hear from more seniors," says Les Talbot, Executive Director of the Ontario Association of Distress Centres. "We know they have their share of problems like any other age group." The Association develops and monitors training standards for telephone volunteers and accredits member centres.

Distress Centres offer an immediate, confidential service at no charge

to callers. They operate 24 hours a day, seven days a week, and their services range from friendly listening to suicide prevention and crisis intervention. Volunteers, who receive between 25 and 30 hours of training before going on the phones, will assist with any situation that causes distress to a caller. It could be the death of a spouse, concern about financial problems, or simply loneliness — one of the most common problems at any age, according to Mr. Talbot.

Volunteers don't make judgements. They provide emotional support and, wherever possible, help callers to find their own solutions to a problem. The most usual situations they deal with are:

☐ need for befriending and social support — the volunteer can help relieve loneliness and boost confidence;

☐ distress — the volunteer listens, explores alternatives, and provides support to help an individual make decisions;

☐ crisis intervention — generally in extremely stressful situations that may be life-threatening;

☐ information/referral — the volunteer provides a link to appropriate resources when specific assistance is needed.

Distress Centres augment social services available in the community. Generally, professionals on staff and/or in the community are used to provide backup, support, supervision, and training for the volunteers, and administration for the Centre itself. "We're always keen to recruit seniors themselves as volunteers," adds Mr. Talbot. "Their life experience and understanding is a tremendous asset."

Where to call across the province

Here is a list of Distress Centres in Ontario. If your community is not listed, check the front of your telephone directory. For more information contact the Ontario Association of Distress Centres, Suite 401, 99 Atlantic Avenue, Toronto, Ontario M6K 3J8.

Barrie Telecare
P.O. Box 723
Barrie, Ontario
L4M 4Y5
(705) 726-7922

Belleville Telecare
P.O. Box 503
Belleville, Ontario
K8N 5B2
(613) 962-4111

Telecare Brampton
P.O. Box 482
Brampton, Ontario
L6V 2L4
(416) 459-7777

Burlington Telecare
Box 402
Burlington, Ontario
L7R 3Y3
(416) 335-1903

Telecare Etobicoke
P.O. Box 421
Weston, Ontario
M9N 3N1
(416) 247-5426

Guelph Distress Centre
P.O. Box 1027
Guelph, Ontario
N1H 6N1
(519) 821-3760

North Halton D.C.
P.O. Box 85
Georgetown, Ontario
L7G 4T1
(416) 877-1211

Telephone Aid Kingston
AMS Queen's University
Kingston, Ontario
K7L 3N6
(613) 544-1771

C.M.H.A. Help Distress Line
607 King Street West, Suite 202
Kitchener, Ontario
N2G 1C7
(519) 745-1166

Life Line Telecare Inc.
P.O. Box 281
Lindsay, Ontario
K9V 4S1
(705) 324-0042

London Distress Centre
Box 801, Station B
London, Ontario
N6A 4Z3
(519) 667-5711

Distress Line Peel
Box 465, Port Credit Postal
Station
Mississauga, Ontario
L5G 4M1
(416) 278-7208

Crisis Centre North Bay
P.O. Box 1407
North Bay, Ontario
P1B 8K6
(705) 474-6663

Oakville Crisis Centre
P.O. Box 776
Oakville, Ontario
L6J 5C1
(416) 849-4541

Orillia Telecare
P.O. Box 2165
Orillia, Ontario
L3V 6S1
(705) 325-9534

D. C. of Durham Region
P.O. Box 703
Oshawa, Ontario
L1H 7M9
(416) 433-1121

Ottawa Crisis Centre
P.O. Box 2671, Station D
Ottawa, Ontario
K1P 5W7
(613) 238-3311

Tel-Aide Outaouais
C.P. 8484
Ottawa, Ontario
K1G 3H9
(613) 741-6433

Peterborough Telecare
P.O. Box 1535
Peterborough, Ontario
K9J 7H7
(705) 745-2273

Richmond Hill Telecare
P.O. Box 412
Richmond Hill, Ontario
L4C 4Y6
(416) 884-1313

Family Counselling Centre
681 Oxford Street
Sarnia, Ontario
N7T 6Z7
(519) 336-3000

Sault Ste. Marie Telecare
P.O. Box 803
Sault Ste. Marie, Ontario
P6A 5N3
(705) 256-7476

Scarborough Distress Centre
P.O. Box 61, Station D
Scarborough, Ontario
M1R 4Y4
(416) 751-4888

St. Catharines Distress Centre
P.O. Box 145
St. Catharines, Ontario
L2R 6R4
(416) 688-3711

Stratford Telecare
P.O. Box 501
Stratford, Ontario
N5A 6T7
(416) 271-2131

Sudbury Telecare
P.O. Box 502
Sudbury, Ontario
P3E 4P8
(705) 675-1121

Thunder Bay Telecare
P.O. Box 2025
Thunder Bay, Ontario
P7B 5E7
(807) 344-1192

Timmins Telecare
P.O. Box 823
Timmins, Ontario
P4N 7G7
(705) 267-5000

D.C.-1/Gordon Winch
10 Trinity Square
Toronto, Ontario
M5G 1B1
(416) 598-1121

D.C.-2/Pat Harnisch
59 Briar Hill Avenue
Toronto, Ontario
M4R 1H8
(416) 486-1456

Salvation Army Emergency
Bureau
P.O. Box 4021
Toronto, Ontario
M5W 2B1
(416) 368-0310

Tel-Aide Jewish Distress Line
4600 Bathurst Street, #345
Willowdale, Ontario
M2R 3V2
(416) 636-9610

Toronto East General Crisis Unit
825 Cowell Avenue
Toronto, Ontario
M4C 3E7
(416) 461-8272

Youth Line — Huntley Youth
Services
34 Hurontario Street
Toronto, Ontario
M4C 3E7
(416) 967-1773

D. C. of Windsor/Essex
P.O. Box 2025, Walkerville
Windsor, Ontario
N8Y 4R5
(519) 973-5993

Woodstock Telecare
P.O. Box 792
Woodstock, Ontario
N4S 8A2

Aging in small communities and rural areas

What attracts seniors to Ontario's small communities and rural areas? What's involved in converting a summer cottage to a year-round home? And what about the services available? How does transportation rate?

These were some of the questions raised at a September consultation meeting held in Minden by the Ontario Advisory Council on Senior Citizens. In line with population growth patterns throughout the province, the number of older adults living outside urban areas is also on the increase. Council is studying issues that affect their quality of life as part of its work this year.

Because local circumstances can vary considerably across Ontario, Council members selected three separate locations with significant senior populations for the consultation meetings.

The Minden meeting, held September 11 and 12 at the Hyland Crest Senior Citizens' Home, was the first of these consultations. It brought Council members together with representatives of seniors' organizations and service providers in the counties of Haliburton, Hastings and Muskoka, all popular retirement locations. Grey-Bruce on the other hand, where

Council will visit in late November, is primarily an agricultural region. The majority of seniors in the area have lived here for most or all of their lives. A third meeting is planned for northern Ontario in the new year.

After two days of lively exchange in Minden, Council felt much better informed. The first day involved about 25 seniors in panel discussions with Council members and, at times, with another 20 observers who were also keen to share their views. The second day was set aside for presentations by 11 local service providers. Again, about 20 observers sat in on the sessions.

The following were among other questions considered by those who attended:

☐ Health care - Is it as good as in other parts of the province? Do seniors look after their own health?

☐ Housing - Do homeowners think of using reverse mortgages (also known as home equity conversion)?

☐ Volunteering - How do you start a volunteer program and find volunteers? What programs run by seniors contribute to their quality of life?

☐ Transportation - If you don't have your own car, how do you get around? How could public transportation work

in the area? How do you feel about the 80+ driver's test?

Besides consulting directly with seniors and service providers, Council is exploring the issues with academics and professionals who deal with the topic of aging in small communities. Council expects to complete its report in 1991.

Stay Safe

Living Room

- ☐ Organize your furniture so you can move around easily.
- ☐ Choose chairs with suitable seat heights and supportive backs.
- ☐ Lamps with metal bases can be turned on and off by simply touching the base, if modified with a "touch on" adaptor.

Bedroom

- ☐ The best safety precaution is a telephone by the bed.

Floors

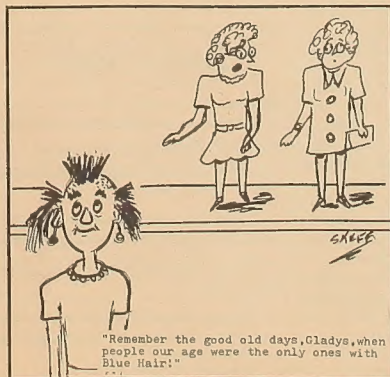
- ☐ Surfaces should be non-slip and preferably a solid colour.
- ☐ Avoid scatter rugs. If you like to have a floor covering, choose a dense short-pile carpet.

Cartoons continued...

We continue with more winning entries from the cartoon contest held in the Fall 1989 issue of *Especially for Seniors*. Art Simpson submitted several cartoon strips; Margaret Daniels chose to have "Skeff" (John Skeffington) turn her idea into a picture. Other cartoons will be published in future issues.

Art Simpson, Cambridge

Art Simpson, 70, took up cartooning in the Royal Air Force in the far east during the war. "Humour is all around us," he says, "and even in desperate days it would seem to surface." Much of his time is taken up with the Royal Canadian Legion where, as editor of the Galt 121 Branch bulletin, he finds that "time never drags."



Margaret Daniels, Weston

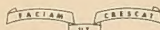


Margaret Daniels takes a humorous view of intergenerational differences - and similarities. At age 72, Mrs. Daniels is still a frequent visitor to downtown Toronto. She comments on her cartoon idea, "It seemed to me the sort of thing you'd hear there - I see these crazy-looking hairdos in all colours."

Library books available in 32 languages

MULTILINGUAL
BIBLIOSERVICE

BIBLIOSERVICE
MULTILINGUE



National Library
of Canada

Bibliothèque nationale
du Canada

Do you speak German? Dutch? Hungarian? Polish? Italian? Chinese? Finnish? Spanish? Hindi?

Ontario's multilingual seniors can get books and cassette-books in various languages from their local public library.

The Multilingual Bibloservice, a special division of the National Library of Canada, has a collection of over 400,000 books in 32 of Canada's heritage languages. These books are distributed to public libraries throughout Canada.

Of particular interest to Ontario seniors is the special collection of books published in large print and books-on-cassette that their local public library may borrow for them on interlibrary loan from the Multilingual Bibloservice. Public libraries have a catalogue of all titles that are available for loan, and library patrons may request specific titles from this catalogue. It is entitled: *Multilingual Bibloservice Catalogue of Large Print Books and Talking Books in Heritage Languages.*

Many public libraries also have a selection of books in heritage languages on the shelf; however, librarians rely on library patrons to make their needs known. If your library does not have books in your mother tongue, do not hesitate to ask for them.

Seniors "off their rockers" for Expo '90

Windsor area residents were certainly "off their rockers" for a couple of days in October.

At least 10,000 people attended Seniors Independence Days Expo '90 for two event-packed days of displays, demonstrations, exhibits, speakers, films and entertainment. The theme for the occasion was "A New Generation of Rockers" and the logo showed an empty rocking chair strung with a "Busy" sign, or, as variations, propping up a pair of skis or with luggage nearby.

The event was designed to encourage the independence of older adults of Windsor and Essex County. It was planned and organized - with the help of scores of volunteers - by a Community Board representing local agencies and organizations involved in the field of aging. Sponsors were Big V Drug Stores and the Ministry of Community and Social Services. There was a heavy commitment from the Canadian Auto Workers as well as the Windsor-Essex County United Way and Council on Aging.

The program offered a broad mix of entertainment and information about aging and services available to local residents. Speakers, including the CBC's Bill McNeil, former United Church of Canada Moderator Dr. Robert McClure, and retired banker Carl Aggerholm, discussed topics ranging from spirituality and humour, to housing, sexuality, retirement savings and avoiding drug dependency. There were films too, music, and dancing, a fashion show and almost 60 exhibits.

LETTERS FROM THE MAILBAG

Ed. Note. Many readers wrote to suggest that we publish more responses to the letter from Kanata (Winter 1990) asking for other readers' reflections about dying. Here are another two thoughtful replies.

FROM a reader in Elliot Lake:

It seems to me that death is as important a part of the life span as birth and should be accepted with dignity and serenity. One of the un-expected rewards of growing old has been that I have time to appreciate, to look at, to savour beauties in nature and people that I never had time for before. And the appreciation is deepened by the fact that the time for it is growing shorter. What a wonderful opportunity to fill this precious time with joyousness.

Okay - that's the bright side. So what of those terrifying times? My fear is not so much death, I think, as fears of stupid and ugly illness, in-competence and infantile dependence. These fears must be faced and coped with in a positive way. Maybe there should be some consciousness-raising sessions to help us share and manage these feelings.

FROM a reader in Aurora:

At age 70, I am more concerned about living too long than about dying soon. With a generous ration of three score and ten good years completed, there will be no grounds for sorrow by anyone when I make my exit. There will be grounds for sorrow if I reach, and continue beyond, a point at which I become no longer capable of enjoyment, incapable of caring for myself, a burden to my family and a cost to the health care system - that is the prospect that terrifies me. Presently I enjoy life - and practise a discipline designed to enable me to do so for a good number of years. But if a time comes when I find myself entering

a stage of decay or continuing severe pain, I want to be able, legally and conveniently, to achieve a quick and dignified end. This should stand high on the list of human rights. To lose control of one's life, to need to be wheeled about, fed, washed, wiped and diapered - that is a Purgatory no one should be obliged to suffer.

FROM a reader in Caledon East:

Another letter in *Mailbag* (Summer 1990) from a motor cyclist who thinks he has done something wonderful by taking up motor cycling. Phooey! On June 28, my 79 1/2 birthday, I rode my bicycle (human powered) from home to Brantford, 147 kilometres in exactly 12 hours, including prolonged stops for lunch in Milton and dinner in St. George. At Brantford I attended the Great Canadian Bicycle Rally. When that concluded, I rode across northern New York State, New England, bits of New Brunswick and into Nova Scotia to attend the Atlantic Canada Bicycle Rally at Wolfville, N.S. I arrived in Wolfville a week ahead of schedule, so carried on to Cape Breton, returning to Wolfville via the south-east coast and Halifax. When the rally terminated on August 6, I rode to the Caribou/Wood Island ferry in two days and spent a week cycling on Prince Edward Island. On August 16, I took the overnight train from Moncton, N.B., to Montreal, then cycled from Montreal to my home, arriving back on the afternoon of August 24 having ridden the bicycle 5926 km in two months with only four rest days. I carried a tent but also stayed in motels and bed and breakfast establishments. I stayed with relatives and friends for eight nights. At Wolfville we were lodged in Acadia University.

Please - no more letters from sorry motor cyclists!

Stay Safe

General

A safe home environment is a personal responsibility...

- ☐ Know the location of your fuse-box or circuit breaker.
- ☐ Install smoke detectors in every room and check batteries regularly.
- ☐ Keep emergency telephone numbers handy.
- ☐ Never attempt a chore when you are tired. Fatigue can make anyone accident-prone.

La sécurité à domicile

Conseils généraux

La sécurité au foyer est une responsabilité personnelle:

- ☐ Sachez à quel endroit se trouve la boîte de fusibles ou de disjoncteurs.
- ☐ Installez un détecteur de fumée dans toutes les pièces et vérifiez les batteries régulièrement.
- ☐ Conservez les numéros de téléphone d'urgence à

L'exposition offrira des renseignements sur le vieillissement et les services offerts dans la région et présentera des spécialistes. Les conférenciers invités, dont M. Bill McNeill, ancienement de la CBC, M. Robert McBurnie, ancien modérateur de l'Église-Unite du Canada, M. Aggreyhoun, banquier à la retraite, ont traité de la spiritualité, de l'humour, du logement, de la sexualité, des aspects financiers de la retraite et de la façon d'éviter de devenir dépendant des médicaments. On a aussi présenté des films, des concerts, de la danse, un défilé de mode et des danses tribales.

Ces dernières années ont été marquées par une prise de conscience de la part de la communauté internationale et de la communauté scientifique, de l'importance de la participation des personnes âgées des comités d'WindSOR et d'ElBessac. Grâce à l'aide de nombreux bénévoles, l'exposition a été organisée par un conseil communautaire regroupant les divers organismes locaux occupant des personnes âgées. L'événement était commandité par Big V Drug Stores et le ministère des Services sociaux et de l'emploi. Les organisateurs ont aussi reçu l'aide des Travaillistes unifiés de l'automobile, de la Centrale de WindSOR et de l'organisme local Council on Aging.

Les personnes âgées ont assisté en grand nombre à l'Expo 1990

Plusieurs bibliothèques possèdent leur propre collection multilingue de livres. Toutefois, celles-ci comptent sur leurs clients pour connaître leurs besoins. Si votre bibliothèque n'offre pas de livres dans votre langue, n'hésitez pas à en faire la demande.

nourrir, laver et changer de vêtements est un traitement que personne ne devrait être

Un lecteur de Calédon-Est.
Une autre lettre dans le Courrier des

et des amis.
S'il vous plaît, plus de lettres de motocy-
clistes délicats.

N.D.L.R. : Plusieurs lecteurs nous ont demandé de publier plus de réponses à la lettre provenant de Kanata (Hiver 1990) pour faire connaître les réflexions d'autres personnes au sujet de la mort. Voici deux autres lettres à ce sujet.

Lettre d'un lecteur d'Elliot Lake

Fort moi, la mort est une étape aussi importante que la naissance et elle devrait être acceptée avec dignité et sérénité. L'une des joies les plus inattendues qu'il mait été donnée en vieillissant, a été d'apprendre à regarder, à savourer et à apprécier les beautés de la nature, ainsi que les qualités des gens - de savourer d'autant plus cette joie sachant qu'il ne me reste plus beaucoup de temps à vivre. Quelle chance de pouvoir remplir sa vie de bonheur.

D'accord pour les bons côtés mais qu'en

est-il des mauvais? Ce n'est pas vraiment la mort qui m'effraie, mais plutôt la maladie, les incapacités et la dépendance. Il devrait exister des organismes qui nous aideraient à partager nos craintes et à les

lettre d'une lectrice d'Aurora
 A mon âge, je crains plus de vivre vieille
 que de mourir trop jeune. Après une vie
 bien remplie, il n'y a aucune raison de
 pleurer quelqu'un. Par contre, la souffrance
 et l'incapacité de s'occuper de soi peuvent
 nuire grandement au bonheur et à la
 sérénité d'une personne et d'une famille.
 J'aimais je ne voudrais devenir un fardeau
 pour ma famille et la société. Ce dernier
 aspect me terrifie. Je suis présentement en
 pleine santé et je vis d'un façon qui me
 permet de continuer encore pour un bon
 moment. Mais si par malheur je devais per-
 dre mes capacités ou souffrir énormément,
 je noudrais pouvoir légalement disposer
 ma personne d'une façon digne. Ce choix
 devrait se retourner bien haut dans la
 Charte des droits de la personne. Se faire

Les personnes âgées en milieu rural

Qu'est-ce qui pousse les personnes âgées à s'établir dans de petites localités ou en milieu rural? En quoi consiste l'amenagement d'un quartier, d'un résident permanent? Quelles sont les services disponibles? Quelle est la qualité des services de transport en commun? Ce sont quelques-unes des questions qui ont été discutées lors d'un réunion de consultation organisée par le Conseil régional de l'âge d'or et qui s'est déroulée à Minden en septembre dernier. En Ontario, une proportion croissante de personnes âgées vivent dans les grands centres urbains et le Conseil a voulu étudier cette année les questions qui ont une influence sur la qualité de vie de ces personnes.

Comme les circonstances varient d'une localité à l'autre, le Conseil a tenu une réunion dans trois localités comportant une proportion relativement importante de personnes âgées. La première réunion s'est tenue à Minden, les 11 et 12 septembre, au Hyland Crest Senior Citizens' Home. Cette rencontre a permis aux membres du Conseil de discuter avec les représentants d'organismes de personnes âgées, des fournisseurs de services des comités de Haliburton, Hastings et Muskoka, tous des lieux de retraite très populaires. Par contre, le retour à la fin du mois de novembre, est prévu à Grey-Brace, où le Conseil tiendra une

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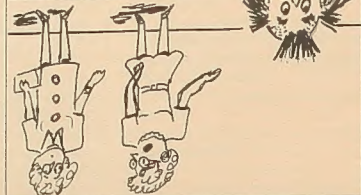
toute leur vie. On prévoit tenir une troisième réunion à la fin du mois de novembre, est prévu à Grey-Brace, où le Conseil tiendra une

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D'autres caricatures

Il nous fait plaisir de présenter d'autres caricatures soumissionnées lors du concours lancé dans le numéro de l'automne 1989 du *Courrier des Anées*. Art Simpson a présenté plusieurs bandes dessinées, tandis que Margaret Daniels a demandé à « Skeff » (John Skiffington) d'exprimer sa pensée à l'aide d'une caricature. D'autres caricatures seront publiées dans les prochains numéros.

Art Simpson, de Cambridge

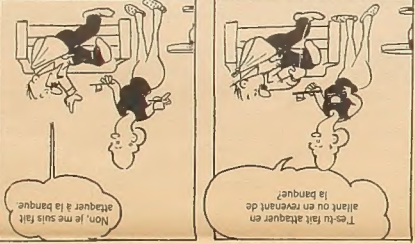
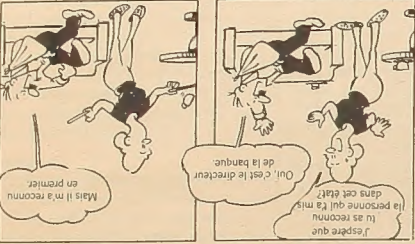


« Je souviens-tu, Charles, au lycée on ne voyait que des personnes de notre âge avec les cheveux argentés? »



Mme Margaret Daniels, de Weston

Margaret Daniels a une perspective humoristique des différences et des similitudes entre les générations. Âgée de 72 ans, Mme Daniels se rend souvent dans le centre-ville de Toronto. Au sujet de son idée de caricature, elle a dit ce qui suit : « C'est le genre de chose qu'on peut entendre un peu partout, de vos cultures bizarres dans toutes les couleurs. »



- La sécurité à domicile**
- Disposez les meubles pour que vous puissiez vous déplacer facilement.
 - Choisissez des chaises assez hautes et dont le dossier offre un soutien adéquat.
 - En installant un dispositif de contrôle spécial, les lampes en métal peuvent être allumées ou éteintes simplement en les touchant.
 - La melleur mesure de sécurité est d'installer un téléphone près du lit.
 - Les planchers
 - Le revêtement des planchers devrait être d'un matériau antidérapant et d'une couleur uniforme.
 - Évitez de placer des tapis sur le plancher. Si vous désirez installer un tapis, choisissez un tapis à poils courts et durs.

pourrait-il desservir le secteur? Que penserai-je de la qualité de leur vie?

□ Transport – Comment les personnes âgées peuvent-elles mettre sur pied dans le programme de bénévolat et recruter des bénévoles? Quels genres de programmes de bénévolat (aussi) appelés prêt hypothécaire inversés (Les propriétaires envoient-ils d'avoir recours à une hypothèque pour améliorer la qualité de leur vie?)

□ Logement – Les propriétaires envoient-ils d'avoir recours à une hypothèque pour améliorer la qualité de leur vie?

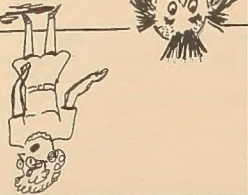
□ Bénévolat – Comment mettre sur pied un programme de bénévolat et recruter des bénévoles? Quels genres de programmes de bénévolat (aussi) appelés prêt hypothécaire inversés (Les propriétaires envoient-ils d'avoir recours à une hypothèque pour améliorer la qualité de leur vie?)

□ Services de santé – Sont-ils d'usage bon pour la santé? Les personnes âgées s'occupent-elles de leur santé?

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Coordonnées à la rédaction : Felicity Correll
Date de parution : octobre/novembre 1990
Port de 2^e classes payé à Barre, Ontario, en vertu du permis No. 4357

Canada M5G 1Z6
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Bureau 203,
700, rue Bay
sur l'âge d'or
de l'Ontario
par le Conseil consultatif
Publié trimestriellement

Le Courrier des Aînés

D'après certains experts, le fait de savoir précisément ce que l'expression « sécuritaire pour l'environnement » signifie est l'un des plus importants gestes que les consommateurs ontariens peuvent poser.

Qu'est-ce qu'un produit « vert »? Une poudre à récurer « naturelle » et plus dispendieuse est-elle préférable à du soda à pH du point de vue de la protection de l'environnement? En fait, cette poudre à récurer plus coûteuse n'est-elle pas tout simplement du soda à pH? Qu'est-ce que l'organisme? Les produits recyclables sont-ils préférables aux produits recyclés (recyclés)?

Il s'agit de questions auxquelles les consommateurs, les entreprises et les gouvernements doivent trouver une réponse collective, puisque la protection de l'environnement est en voie de devenir la plus importante question des années 1990, souligne un représentant du ministère de la Consommation et du Commerce (MCC).

Le sens de l'expression « sécuritaire pour l'environnement » varie selon les divers spécialistes. Ceux-ci soulignent qu'il y a peu de produits totalement sécuritaires pour l'environnement. L'expression « moins dommageable pour l'environnement » semble plus juste. Même si elle ne temporiserait pas de prix de marketing, les environmentalistes affirment que cette expression donne une description plus précise.

« Pour savoir pourquoi un produit est plus sécuritaire pour l'environnement qu'un autre, les consommateurs ne doivent pas seulement se fier aux noms des produits, qui ont habituellement été choisis par des spécialistes du marketing », explique Carolyn Lentz, chargée de l'éducation du public au MCC.

« Ils peuvent utiliser leur pouvoir d'achat pour forcer les fabricants et les détaillants à agir de façon responsable en fournissant des renseignements adéquats au sujet de leurs produits. Le gouvernement peut aussi faire sa part en élaborant des directives, en favorisant le dévoilement des renseignements et en adoptant des lois si cela est nécessaire. »

C'est exactement ce qui se passe dans certains domaines.

Des normes nationales sont en voie d'élaboration à l'égard de certains produits par l'intermédiaire du Programme de choix environnemental, créé par l'environnement Canada.

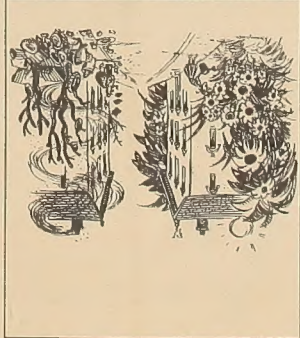
Ce programme vise à aider les consommateurs à identifier les produits qui sont considérés par l'environnement Canada.

Depuis la création du Programme de choix environnemental, il y a deux ans, des critères ont été établis pour 14 groupes de produits. Ceux-ci comprennent les lubrifiants à moteur, l'acier de fibre de cellulose, les produits fabriqués à partir de plastiques recyclés et les piles de zinc-argent. Les matériaux de construction fabriqués à partir de fibre de cellulose, les produits fabriqués à partir de plastiques recyclés et les piles de zinc-argent.

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La publicité des produits sécuritaires pour l'environnement est parfois difficile à comprendre.



«Sécuritaire pour l'expression»

Le Conseil canadien pour la responsabilité des entreprises (CCRE), regroupé par plus de 80 organismes sans but lucratif, rappelle aux personnes âgées, surtout celles qui sont handicapées, de se méfier des dangers que les courants se meuvent dans les affaires.

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«Sécuritaire pour l'expression»

«Prière de ne pas nous écrire pour nous communiquer des changements d'adresse»

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Reverend Clifford A. Ward, *Toronto, M.*
Jean-Paul Van Berge, *Vankleek Hill, M.*
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Daphne Bailey, *Woodstock, M.*
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D. William B. Armp, *Lindsay, M.*
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LES MEMBRES DU CONSEIL CONSULTATIF DE L'ONTARIO SUR L'ÂGE D'OR ÉDITION 1990-91

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La cuisine

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Elaine Ziemba : nouvelle ministre

La réforme des soins de longue durée progresse

Une autre étape de la réforme des soins de longue durée vient d'être franchie par la nomination de 14 chefs des services de soutien communautaires qui établiront des bureaux partout dans la province. Ces chefs de services travailleront de concert avec les groupes communautaires, les municipalités et les fournisseurs de services pour assurer la mise en œuvre de la réforme des soins de longue durée pour les personnes âgées et les personnes physiquement handicapées. Ces chefs de services possèdent une expérience et des connaissances étendues dans ce domaine.

Les personnes nommées sont les suivantes : Jack Harmer, région de Barrie, Karen Robinson, région de Hamilton, Catherine Dunn, région de Kingston, Gail Ure, région de London, Brenda Elias, région de Mississauga, Ron Book, région de Niagara, Michel Tremblay, région de North Bay, Pierre Laonde, région d'Ottawa, Dennis Kerens, région de Peterborough, Maureen Lacroix, région de Sudbury, Michael (Mick) Peters, région de Thunder Bay, Lianne Carnwath, région de Toronto, Douglas Jackson, région de Waterloo, et Kathryn Oper, région de Windsor.

La première tâche des chefs de services sera de collaborer avec les bureaux régionaux du ministère des Services sociaux et communautaires, les conseils régionaux de santé, les municipalités, les fournisseurs de services de santé et de services sociaux, les organismes de même que les groupes de professionnels et d'utilisateurs pour coordonner le processus local de consultation et de planification se rapportant à la mise en œuvre de la réforme. Les réunions de consultation doivent commencer plus tard cet automne. Les personnes âgées sont invitées à participer.

La nouvelle approche prévoit la création et l'expansion de services communautaires visant à appuyer les organismes qui aident les personnes âgées et les personnes physiquement handicapées à vivre de façon autonome. Ces changements favoriseront également une plus grande intégration des services de santé et des services sociaux au niveau local. D'ici l'année financière 1996-1997, les dépenses annuelles de la province à ce chapitre atteindront 460 millions de dollars.



L'honorable Elaine Ziemba

Le Conseil consultatif de l'Ontario sur l'âge d'or est maintenant sous la responsabilité de l'honorable Elaine Ziemba. M^{me} Ziemba a été assermentée le 1^{er} octobre 1990. M^{me} Ziemba a été assermentée comme membre du nouveau Conseil des ministres du premier ministre Bob Rae, à titre de ministre des Affaires civiles et ministre déléguée aux Droits de la personne, aux Affaires des personnes handicapées, aux Affaires des personnes âgées et aux Relations interraciales.

Avant d'être élue comme députée de l'Assemblée législative, M^{me} Ziemba était directrice générale de l'organisme Meals on Wheels, sur la rue St. Clair ouest à Toronto. Elle a aussi été présidente de Social Services for Seniors, une fédération d'organismes communautaires occupant des personnes âgées. Âgée de 48 ans, M^{me} Ziemba est membre de Pollution Probe et de Greenpeace. Elle est née à Toronto et est mère de deux enfants.



Salle comble au Seniors' Jubilee Concerts

Vi Ford (à gauche) chante devant une salle comble au Roy Thomson Hall à l'occasion du McDonalds Seniors' Jubilee Concerts. Le public pouvait aussi danser dans le foyer (article en page 3).

Prenez des précautions contre la grippe

Si vous n'avez pas été vacciné contre la grippe, il est encore temps de le faire.

Il est préférable de recevoir ce vaccin vers le mois de septembre parce que plus vous attendez, plus vous risquez de contracter le virus de la grippe. Toutefois, selon l'Association des médecins de l'Ontario (AMO), si vous y avez échappé jusqu'à maintenant, vous avez encore le temps de vous égarer les mœurs de la grippe.

Demandez les conseils de votre médecin.

« Je ne peux jamais dire trop souvent combien il est important de recevoir chaque année le vaccin contre la grippe, déclare le Dr Ted Boardman, directeur des politiques médicales de l'AMO.

Les personnes qui ont souffert d'un problème de santé chronique, comme l'emphysème ou l'asthme, ou qui éprouvent des problèmes pulmonaires, les personnes âgées de 65 ans, qui sont atteintes de maladies du cœur, et les personnes qui ont souffert du diabète, du cancer, d'anémie, de troubles rénaux ou de la thyroïdite, ainsi que les personnes souffrant d'une immunodéficience ou d'une immunosuppression.